

CALGARY

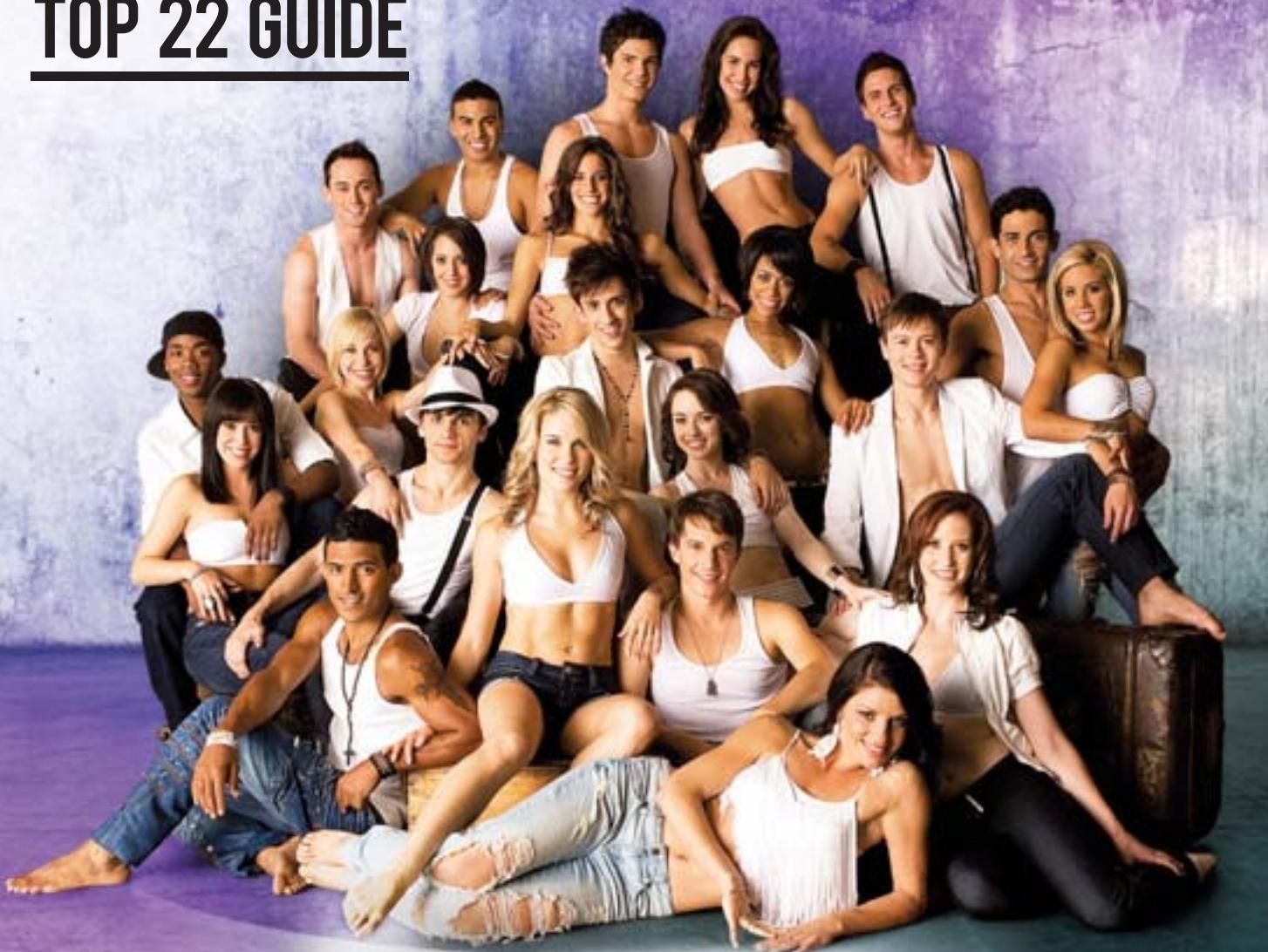


Monday, August 23, 2010
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PRESENTS THE OFFICIAL
TOP 22 GUIDE



SO YOU THINK YOU CAN
DANCE
canada

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Hi Canada!

The judges had the difficult decision of deciding who would continue in the competition and who would go home, and in the end, there was so much talent we had to make it the first **TOP 22** in **SO YOU THINK YOU CAN DANCE CANADA** history! It's the beginning of a journey that will end with the crowning of Canada's Favourite Dancer.

The competitors were selected following our five-city audition tour that travelled to Vancouver, Calgary, Toronto, Montreal and Halifax. Among this season's hot Top 22 are contemporary, ballroom, hip-hop, and salsa dancers, all representing Canada from coast to coast.

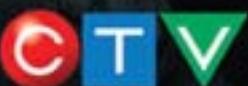
Now it's your turn Canada! Over the next nine weeks, the Top 22 will compete for your votes, and you will help decide who stays and who goes home. Each vote for your favourite dancer will help them stay in the competition, and will get them one step closer to their goal of becoming Canada's Favourite Dancer.

These dancers could be your next door neighbour, your facebook friend, your co-worker, a classmate from school or someone you follow on twitter. You only have one chance to get it right and choose the Top 4, who will dance their hearts out in the finale. Get ready to vote!

Leah

SO YOU THINK YOU CAN
Dance
Canada

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**WORKING THE GRAVEYARD SHIFT?
TIPS FOR KEEPING IT ALL TOGETHER** {page 16}

**VIDEO OF BEATINGS DRAWS OUTRAGE
BROTHERS KILLED IN PAKISTAN** {page 6}



POP STAR HOW TO BUILD YOUR OWN SCENE

{page 9}



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Pakistan. Disaster



► A Pakistani flood survivor girl eats food, at a camp yesterday in Sukkur, Pakistan.

FAREED KHAN/THE ASSOCIATED PRESS

Evaluation for CBC gunman

► Memorial Drive closed to traffic during standoff ► Station was broadcasting Saskatchewan morning show during incident



**KRISTA
SYLVESTER**
@METRONEWS.CA

Police are investigating why a man stormed into the CBC building with a handgun early yesterday as he set off a five-hour standoff with police.

Duty Insp. Chris Butler said the visibly distraught man entered the CBC news building on Westmount Boulevard near Memorial Drive just before 2 a.m. yesterday.

"He was in the foyer because he got in the front door, but he couldn't get into the second door because it was locked. Nobody was in harm's way and he was in the foyer alone," Butler said yesterday.

"We're not sure what his motives are and we're looking into it, but it doesn't look like he was a former employee of CBC."

Police negotiators were able to get the man to surrender peacefully just before 7 a.m.

The man is now undergoing a psychi-



► Police are investigating why a man entered the CBC news building yesterday morning with a handgun.

atric assessment to determine his state of mind and if he has emotional or mental issues.

Charges are pending against the man, who is believed to be in his early 70s.

Ottawa set to match donations

The world has given or pledged more than \$800 million to help Pakistan cope with massive floods and now Canada's Conservative government has pledged to match private donations dollar for dollar. Story, page 6

Wyclef won't back down

Disqualified from Haitian election, Jean to appeal {page 10}

Cubs coach hangs up hat

Baseball vet Piniella enters immediate retirement {page 19}

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P100490	2010	BUICK	LACROSSE	9 from	\$34,695	\$0.00	\$32,133	\$750.00	\$1,500.00
C100358	2010	CADILLAC	CTS	10 from	\$50,670	\$1,500.00	\$45,724	\$3,000.00	\$1,500.00
C101006	2010	CADILLAC	ESCALADE	4 from	\$95,410	\$6,500.00	\$79,815	\$3,000.00	\$1,500.00
C101122	2010	CADILLAC	SRX	12 from	\$43,225	\$0.00	\$39,995	\$3,000.00	\$1,500.00
C100839	2010	CHEVROLET	1500 SILVERADO	35 from	\$28,495	\$6,000.00	\$17,936	\$3,000.00	\$1,500.00
C100477	2010	CHEVROLET	2500 SILVERADO	11 from	\$44,440	\$8,000.00	\$32,061	\$3,000.00	\$1,500.00
C100517	2010	CHEVROLET	3500 SILVERADO	1 at	\$74,890	\$8,000.00	\$58,636	\$3,000.00	\$1,500.00
C100874	2010	CHEVROLET	AVALANCHE	12 from	\$48,265	\$6,500.00	\$37,009	\$3,000.00	\$1,500.00
C100395	2010	CHEVROLET	AVEO	17 from	\$15,300	\$2,000.00	\$11,995	\$0.00	\$0.00
C100851	2010	CHEVROLET	CAMARO	9 from	\$30,105	\$0.00	\$27,903	\$750.00	\$1,500.00
C101091	2010	CHEVROLET	COBALT	177 from	\$17,310	\$4,300.00	\$12,488	\$0.00	\$0.00
C100392	2010	CHEVROLET	COLORADO	9 from	\$25,795	\$7,300.00	\$15,846	\$750.00	\$1,500.00
C100902	2010	CHEVROLET	CORVETTE	1 at	\$90,065	\$7,000.00	\$70,648	\$750.00	\$1,500.00
C100885	2010	CHEVROLET	EQUINOX	6 from	\$32,085	\$0.00	\$29,893	\$750.00	\$1,500.00
C100490	2010	CHEVROLET	HHR	6 from	\$23,820	\$1,500.00	\$19,695	\$750.00	\$1,500.00
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C100372	2010	CHEVROLET	1500	32 from	\$37,320	\$6,000.00	\$27,781	\$3,000.00	\$1,500.00
C110014	2011	CHEVROLET	MALIBU	12 from	\$26,390	\$0.00	\$25,657	\$0.00	\$0.00
C100842	2010	CHEVROLET	SUBURBAN	1 at	\$80,775	\$4,000.00	\$68,228	\$1,500.00	\$1,500.00
C101248	2010	CHEVROLET	TAHOE	1 at	\$75,470	\$6,000.00	\$61,579	\$1,500.00	\$1,500.00
C100819	2010	CHEVROLET	TRAVERSE	22 from	\$37,505	\$2,000.00	\$32,690	\$1,500.00	\$1,500.00
P100725	2010	GMC	1500 SIERRA	54 from	\$27,785	\$6,000.00	\$17,936	\$3,000.00	\$1,500.00
P110005	2011	GMC	2500 SIERRA	10 from	\$42,155	\$2,500.00	\$35,589	\$0.00	\$0.00
P100567	2010	GMC	ACADIA	10 from	\$39,905	\$2,000.00	\$34,860	\$1,500.00	\$1,500.00
P100218	2010	GMC	CANYON	9 from	\$25,385	\$7,300.00	\$15,646	\$750.00	\$1,500.00
P100733	2010	GMC	YUKON	4 from	\$71,855	\$4,000.00	\$60,177	\$1,500.00	\$1,500.00

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AMVIC LICENSED

How's the air? Fair, they say

Calgary's air quality was upgraded to fair as of yesterday after the city spent the weekend in a smoky haze. Drifting smoke from B.C. forest fires caused Alberta Environment to issue an air quality health warning for the province Thursday.

As of Friday, Calgary's air quality was rated as very poor, but improved throughout the weekend with only "fine particulate matter," according to Alberta Environment's website.

Edmonton's air quality had also been upgraded yesterday, and ranged from fair to good.

• METRO CALGARY

10,100

The number of people who attended the Rock the River Tour West concert at Canada Olympic Park Saturday, sponsored by the Billy Graham Evangelistic Association of Canada.

Officials search for leak source

Firefighters were called out to Edworthy Park yesterday morning after a person noticed what appeared to be an oil slick on the river running through the park.

A boom was set up to contain the slick, according to fire officials, but some of the oil did make its way downstream.

The fire department is searching for the source of the leak.

A second boom has also been put in place.

• METRO CALGARY



► Parents Merin and Michael Melnyk, killed in a collision Friday, and newborn Ysa in a recent family photo.

Fund set up for orphan

► Michael, 26, and Merin Melnyk, 22, were killed Friday in a car crash just outside city limits ► Family was on way home from a wedding



KRISTA SYLVESTER
@METRONEWS.CA

cle, and said Merin's sister will likely care for the baby.

"They were very close and the family will take care of her now. Everyone has come together and has been so wonderful during this difficult time," Merin's father, David Litchfield, told Metro yes-

terday.

"She's been sitting up and doing baby things so it's a good sign and they think she will be OK, but time will tell as she gets older. It's just amazing she survived," he said, adding the family is remaining optimistic.

"She is our focus right now."

Police are still investigating the circumstances surrounding the collision.

Donations

Donations can be sent to:

The Ysa Melnyk Trust
c/o Tingle Merrett LLP
1250 Standard Life
Building
639 – 5th Ave. SW
T2P 0M9

The family thanks everyone for the outpouring of support.

1

news



News on the move

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Guidy Mamann explains why honesty is the best policy when crossing the border. More at metronews.ca/immigration

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Traffic woes should lessen: City official

This year may have been the peak for road construction, but according to one city spokesperson, congestion should begin to ease.

David Danchuk of the city's transportation department said in terms of new construction projects, there are no more than usual, but cited the West LRT extension as the cause of congestion.

"2010 is the most difficult year for traffic impacts on that project, and it should begin to lighten up from here to the end," he said.

"It is kind of condensed to the west end of town and, unfortunately, the major thoroughfares out of downtown ... those are being impacted."



► Construction projects have been a source of frustration for drivers.

Beltline resident Ryan Rumsey said he's definitely noticed an impact on traffic in the downtown core.

"I step out of my apartment and it's everywhere," said Rumsey, who doesn't drive a car but still commutes.

"I wouldn't want to be driving a car ... but even on a scooter it's difficult," he said.

● KATIE TURNER

B.C. BUST

Grow-op bears have ally in Calgarian

The fate of bears discovered by police after raiding a southern B.C. marijuana grow-op has prompted a Calgary woman to take action.

Upwards of 15 bears of all ages were found happily roaming the property in the community of Christina Lake, with their tummies full of human-provided dog food.

The B.C. envi-



THE ASSOCIATED PRESS FILE

government is taking the cheapest way out, rather than being proactive and providing temporary feeding stations to help the bears readjust to the wild. THE CANADIAN PRESS

ronment ministry has said if the animals can't learn to find food in the wild now, they will have to be exterminated.

Calgarian Doreen McCrindle has started a Facebook group and online petition titled "Save Bears Found in Drug Bust."

It has garnered more than 700 signatures from as far as China and Australia in less than two days.

McCrindle says she believes the B.C. government is taking the

temporary feeding stations to help the bears readjust to the wild. THE CANADIAN PRESS

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► Destiny Harmsen, 6, and her mother, Jennifer, spend time painting the streets yesterday during the Bow Flow street festival.

Bow Flow grows in its second year

► 4,000 attended the event in '09 — some report they topped that number this year ► Ward 6 Ald. Joe Connolly was a vocal opponent of the Bow Flow



KRISTA SYLVESTER
@METRONEWS.CA

It didn't matter that the skies weren't sunny — the city supported it and the people came.

Several thousand Calgarians enjoyed the sights and sounds yesterday of the Bow Flow, a free Memorial Drive festival, and according to Ward 7 Ald. Druh Farrell, the festival was bigger and better than the year before.

"The organization did an exceptional job organiz-

ing it and were able to put together an exceptional festival for Calgarians to enjoy," Farrell said.

Calgarians enjoyed free bike tune-ups, live bands, and aerobics and fitness classes at the event that saw part of Memorial

Drive and 7th Street closed.

"We know more and more Calgarians are staying in the city for their summers and large numbers of Calgarians like to go to festivals, so it's nice to have something like this," Farrell said.

BOW FLOW ORGANIZER GERALD WHEATLEY, WHO ADDED THE FESTIVAL CROSSED THE RIVER TO THE EAU CLAIRE AREA

Drive and 7th Street closed.

Ward 11 Ald. Brian Pincott couldn't be at the event but is a proud supporter.

"This event is certainly a way for Calgarians to enjoy their river and their downtown, and I'm definitely going to be going next year," he said.

Charges laid in pedestrian death

Non-criminal charges have been laid in the case of a Calgary woman who allegedly backed over and killed a pedestrian in a northwest neighbourhood.

On July 20, David Lee, 68, was walking to get his mail in Hawkwood when he was struck by a vehicle and pinned underneath.

The driver, identified by

media reports as 60-year-old Gwenne Bell, is scheduled to appear in court Sept. 14 and may be facing a fine of \$2,000. Bell has been charged with backing

when unsafe.

Lee is reported to have been married with three children and five grandchildren.

● METRO CALGARY

G20. Consequences



► A protester jumps on a burnt out car as a police car burns in the background during an anti-G20 demonstration in Toronto in June.

RYAN REMIORZ/THE CANADIAN PRESS FILE PHOTO

300-plus head to court for G20 trial

The stage is set for a crush of people to descend upon a Toronto courthouse today as more than 300 people charged with offences related to the G20 summit are set to appear, along with their families, supporters and lawyers for what will be a marathon session of mass appearances.

Canadians fear for future of health care

- More than half think services will get worse
- Most give current care an A or B grade

The vast majority of Canadians fear for the future of health care, concerned over the potential for declining quality and rising costs of services to support an aging baby-boomer population, according to a new report.

In its annual report card on health care, the Canadian Medical Association had pollster Ipsos Reid gather public opinion about Canadians' perceptions and expectations of long-term health and health-care needs.

According to the findings, 80 per cent of Canadians surveyed said they were concerned quality of health care in the country would decline due to the



Dr. Anne Doig

strain on the system caused by aging boomers.

What's more, 79 per cent of respondents worry the system won't be able to offer the same level of coverage as that segment of the population reaches retirement age.

Along with concerns

over quality of care, Canadians are worried about footing the bill for increasingly costly health-care services, both for themselves and aging boomers.

Outgoing CMA president Dr. Anne Doig said in a release the report sends a "clear signal to decision-makers."

"Canadians want an open dialogue on the tough issues in health care and they want it to start now," she said.

Doig also noted that this year's report card shows young adult Canadians are bracing for increased health-care costs in the future.

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Feds will match flood donations

The federal government moved yesterday to kick-start giving for Pakistan flood relief by offering to match private donations dollar for dollar.

Donations for flood aid made between Aug. 2 and Sept. 12 will be matched by federal money with no upper limit, Government House leader John Baird said.

The government has set up the Pakistan Floods Relief Fund to handle the aid, and it will be administered through the Canadian International Development Agency.

The matching funds will be on top of the \$33 million already pledged by Canada.

Similar programs helped spur donations for last winter's Haitian earthquake and the 2004 tsunami and the federal government had been criti-



"To those who say we're not doing enough, we're the fifth largest contributor in the world."

JOHN BAIRD,
GOVERNMENT HOUSE LEADER

cized by some, including the opposition Liberals, for not moving faster to promise matching funds.

Baird said that the tsunami and the quake unfolded differently.

THE CANADIAN PRESS

NEAR GROUND ZERO

Imam has hopes for mosque

The imam spearheading plans for an Islamic centre near ground zero said yesterday the attention generated by the project is positive and he hopes it will bring greater understanding.

Imam Feisal Abdul Rauf's plans for an Islamic cultural



THE ASSOCIATED PRESS

centre about two blocks from the World Trade Center site have sparked a political firestorm in the United States. Foes of the project say it is insensitive and disrespectful to the victims of 9-11 and their families.

But Rauf, who is on a 15-day Mideast tour funded by the U.S. State Department, took heart from the dispute. "It is my hope that people will understand more," the imam told a gathering at the U.S. ambassador's residence in Bahrain.

THE ASSOCIATED PRESS

Bride-to-be celebrating too much?

A 31-year-old bride heading home from her bachelorette party in Bellevue, Wash., was arrested for drunk driving hours before she was to get married. Washington State Patrol Trooper Christina Martin says the woman was driving over 90 mph (145 km/h) Saturday morning when she was stopped.

Martin says a trooper arrested the woman, processed her and let her take a cab home in time to make it to her wedding. The woman faces charges.

THE ASSOCIATED PRESS

Wrestling pigs escape — for now

A pig-wrestling competition at a county fair in Montana has been cancelled after the animals eluded fair officials trying to round them up for the event. Fair office manager Shirley Embleton says the wild pigs spend the year on a 10-mile free-range property and about 30 are captured the Friday of the scheduled event.

But this year, fair officials were only able to locate one boar. Embleton says next year, organizers will devise a better plan.

THE ASSOCIATED PRESS

Chile. Found after 17 days



► Chile President Sebastian Pinera holds up a plastic bag yesterday containing a message from the trapped miners.

JOSE MANUEL DE LA MAZA/ASSOCIATED PRESS

33 miners found alive

A message from trapped miners reads, in Spanish, "We are ok in the refuge, the 33 miners." The miners have been trapped below the surface of the gold and copper mine since the main access collapsed on Aug. 5 due to tons of falling rock. But rescuers say it could four months to get them out.

Savage beatings shock Pakistan

► Government orders two inquiries into deaths ► Origins of video unknown ► Similar incidents have also been caught on video recently

Pakistani men took turns savagely beating two teenage brothers with sticks, drawing blood before dragging and hanging their dead bodies from a nearby pole. None of the dozens of people watching tried to stop the attack, not even several police. The boys may have been mistaken for robbers.

The scene, caught on video and broadcast on news channels, has outraged and anguished Pakistanis, some of whom are asking if years of state neglect have brutalized society. It also is a blow to the already-shoddy image of

the government as it appeals for international aid to cope with disastrous floods.

"Is this what we are? Savages?" asked an editorial in The News, an English-language daily. "So utterly bereft of a speck of human-

ity that a crowd of ordinary men are passive spectators to public murder?"

The killings occurred Aug. 15 in Sialkot, a town in eastern Punjab province. As details have emerged, authorities appear increasingly confident the two



► Brothers Moiz and Muneeb Butt were beaten to death, apparently while police and others watched.

SHAHID IQBAL/ASSOCIATED PRESS
boys — Moiz Butt, 17, and his brother Muneeb, 15 — were innocent.

The two went to play cricket after praying and eating breakfast, carrying a bag with them containing game equipment, said Mujahid Sherdil, a top government official in the district.

An armed robbery had taken place in the vicinity of the cricket field, so residents were on alert and police were nearby.

Apparently, when the boys appeared with a bag, they were thought to be the robbers, Sherdil said.

THE ASSOCIATED PRESS

Canada rejects NATO request

Canada turned down a direct plea from NATO to send more troops into southern Afghanistan in the run-up to last year's Afghan presidential election, federal documents say.

It was among the most specific requests Ottawa has received over the years and provides a keen illustration of the pitfalls the Conservative government faces both at home and abroad as

it slowly untangles the country from the costly war. A briefing note prepared for Defence Minister Peter MacKay showed that both NATO and the U.S. expected Canada to ante up the extra troops needed to secure Kandahar from an anticipated wave of Taliban violence prior to the vote.

The plea was turned down cold.

THE CANADIAN PRESS

Chip shortage causes smartphone delays

► Manufacturers were spooked and reined in investment after a 30% drop in chip sales in the beginning of 2009

The seemingly recession-proof smartphone is suffering from a side-effect of the rough economy: Manufacturers can't build enough of the gadgets because chip makers that rolled back production last year are now scrambling to play catch up.

The chip shortage means Apple Inc.'s rivals are having trouble making enough phones to compete with the iPhone, a problem expected to persist through the holidays. It's also affecting wireless carriers, some of which are seeing delays in improving their networks.

Sprint Nextel Corp., for instance, couldn't satisfy demand for HTC Corp.'s EVO 4G, the first phone to use a faster 4G network.

Makers of computer and phone networking equipment were the first to report problems this spring.

THE ASSOCIATED PRESS

Higher prices?

While investment is recovering, it takes months to set up new production lines and upgrade existing ones. That's why executives see shortages lasting until next year.

► **Unlikely** Phone prices are heavily subsidized by carriers, and competition in the industry means it's likely someone in the supply chain will absorb higher prices for the chips.

► **PC increase** Research firm iSuppli warns that prices for PCs could rise this year because of short supplies of memory chips.

84% Worldwide investment in the chip industry is expected to grow 84 per cent this year, to \$47.5 billion.



HST fuelled July inflation

New harmonized sales taxes in some provinces pushed up Canada's inflation rate last month — but the increase was still softer than what many economists had forecast.

Canada's annual inflation rate rose by eight-tenths of a point in July to 1.8 per cent. Month-to-month, the consumer price index rose half a percentage point from June.

Statistics Canada says changes in sales taxes in Nova Scotia, Ontario and

At the checkout

Only clothing and footwear registered lower prices in July.

► The biggest increases were in energy prices, up 7.9 per cent a year earlier.

► Electricity rose 9.8 per cent in July.

British Columbia affected consumer prices in July.

Market moment

DOLLAR	Natural gas 1,000 cu ft
	\$4.117 (Friday)
95.35¢ (Friday)	Gold contracts
	\$1,228.80 (Friday)
OIL	TSX
	11,722.07 (Friday)
\$73.46 US (Friday)	

The governments of British Columbia and Ontario introduced the HST in July. Nova Scotia increased its HST by two percentage points.

Statistics Canada says the HST accounted for about 1.3 per cent of Ontario's 2.9 per cent year-over-year increase, 1.2 per cent of British Columbia's two per cent increase and 0.8 per cent of Nova Scotia's 1.7 per cent increase.

THE CANADIAN PRESS

Allegations recalled for WikiLeaks head

Swedish prosecutors defended their handling of a rape allegation against the founder of WikiLeaks, saying yesterday they had made no mistakes in issuing an arrest warrant and

withdrawing it a day later. The Swedish Prosecution Authority said an "on-call" prosecutor issued an arrest warrant for Julian Assange late Friday only to see it revoked the next day by a

higher-ranked prosecutor, who found no grounds to suspect him of rape.

Assange said the warrant had damaged his group.

THE ASSOCIATED PRESS

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IT'S LIABLE TO MAKE YOU THINK TWICE

Urban Compass

JANICE PASKEY



Liability, here.

Liability there, liability just about everywhere. In the dead of summer, we can't escape it. Some call it information pollution. I agree.

Send a kid to summer camp — and you sign lengthy liability waivers.

I signed three pages of gobbledegook.

Why bother reading the waivers — if you need child care, you have no choice.

More liability. Next, my son's lifeguarding lesson report came back: "You can administer an EpiPen, but if something goes wrong, you may be liable."

Can a 12-year-old be liable?

Liability means responsibility. The kind that makes you pay if

you screw up.

The St. John Ambulance folks worry someone won't administer first aid for fear of liability.

In Alberta, we do have legislation protecting those who try to help in an emergency. You can't be liable — unless grossly negligent.

Indeed, St. John can't think of any Albertan sued for helping in a first-aid situation.

Even the volunteer sector feels liability chill — and most carry director's insurance of some sort.

Yet, there's little evidence of a sue-happy climate.

Karen Lynch, executive director of Volunteer Alberta, says there are rarely claims against

volunteer directors in Alberta, except for employment issues.

Yet, liability concerns predominate the meetings. "Some directors try to mitigate the risk at the expense of meeting their mission," she says. (In Calgary, there's a free Volunteer Alberta seminar on liability Nov. 23 at the Calgary Public Library.)

Then there's the theatre — or kitchen — liability of the absurd. At Ikea, the sales staff won't give me the name of a kitchen designer — "if something goes wrong they could be liable."

On to a City of Calgary report on my neighbourhood. It, too, has a liability disclaimer and

"won't accept loss arising from use or reliance on this report." (Startling revelation in that report: People worry about saving for the future — and air pollution.)

I do, however, think the city should be liable for bad winter roads. That's life and death.

And someone needs to investigate last week's accusation. Veterans Affairs ombudsman Col. Pat Stogran claimed our government prefers Canadian soldiers be killed overseas rather than come home wounded as "the liability is shorter term."

Liability. It turns our soldiers into a cost centre. It discourages emergency response. Fun goes by the wayside. Volunteers hesitate.

We just don't have evidence that liability needs to be in every corner of our lives.

Cartoon

MICHAEL DE ADDER

On the edge of your seat



Letters & Tweets

We asked: What's your all-time favourite action movie?

TORONTO. My favourite action movie is Aliens, hands down. James Cameron crafted a suspenseful and action-packed movie that has characters whose names you can still remember. A total masterpiece that blends horror, action and science fiction.

STEVE WHALLS

OTTAWA. It would have to be the original Predator movie from 1987. Anything that has Arnie (Schwarzenegger) in it I'm there. So, yes, I will be see-

Alien vs. Predator



ing The Expendables.

FRANCINE PREVOST

CALGARY. (Green party Leader Elizabeth) May recently made comments regarding her perception that democracy is changing for the worse here in Canada.

I would have to argue that May herself seems to have a distorted view of

democracy. During the last election she stomped her feet and had a hissy fit over not being allowed to take part in the leader's debate. Yet, her party has never won a single seat in Parliament.

Is this the kind of person Canadians want to represent them on the world stage?

IAN DUMMIGAN

What is your Mount Everest?

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Century Gardens

Relax in Century Gardens, one of Calgary's only landscape installations left from the 1970s — while you still can.

Infrastructure upgrades, at the very least, will likely begin in 2012, but it's possible an entirely new urban design — one focused on making the park safer and able to accommodate events —

will transform the park entirely, said Kyle Ripley with the parks department.

Currently, parks employees are working with the public, stakeholders, and consulting teams to create a new vision for the park, which occupies the southern half of 8 Street and the western half of 8 Avenue.

● METRO CALGARY



► Take a minute to explore Century Gardens.

How to build a pop star



Good girls are boring

"The pop stars in the '90s got by just with catchy pop songs, even if they didn't have a fully formed pop persona," says Ramisetti. "Stars like Mandy Moore and Jessica Simpson, they got by because they were cute blondes like Britney Spears."

Gallego adds that a brand is essential now. "An artist like Celine Dion, if she had just burst onto the scene two years ago, would not have been as successful today as she was in the '90s, packaged the same way."



► Ke\$ha, the phonics rebel



One step ahead

"If a pop star is going to remain timeless, they have to create trends," says Barnett. "If someone is simply doing what everyone else is doing, they're not going to be at the forefront in the media."

A killer voice

"Traditional musical talents are still important," says Billy Johnson Jr., Yahoo! Music senior editor and musicologist. "An artist needs to have the basic foundation."

Arthur Gallego of Gallego & Co. Brand Communications argues that vocal distinctiveness is a plus. "Katy Perry's voice is unmistakable, whether she's singing solo or a featured artist on another musician's track," he says. "The talented female pop singers who haven't done as well as Perry and Gaga are the ones who are simply 'just good singers.'"



► Gaga's look caught on — somehow.

HEIDI PATALANO
heidi.patalano@metro.us

metronews.ca

With Katy Perry's latest album, *Teenage Dream*, about to drop, we dissect what makes these glittery pop stars tick — and bring in the big bucks

Thank Gaga for the new crop of alien rave rejects

A catchy song

Yes, the music must be good in order for a pop star to be successful. "Katy Perry came on the pop scene with a song that was really catchy, and the lyrics are risqué without actually being subversive," says Kirithana Ramisetti, managing editor of Predicto.com. "Once you go from there, the songs can be good but they don't have to be great."

A good story

"Today's younger demographic really feasts off the ability to get a peek into their favourite artist's personal life," says Brad Sheehan, intellectual property specialist and client manager at Davie Brown Entertainment.

Access to an artist, especially through Twitter, gives people a story to follow. "Christina Aguilera has an amazing voice, but no one really knows much about her lately and I think that's why her album suffered," he says.



In brief



Sirius XM satellite radio will debut a spoken-word recording by Conan O'Brien. And They Call Me Mad? will play at noon ET today as part of Sirius XM's Raw Dog Comedy Channel.

THE ASSOCIATED PRESS

Sylvester Stallone's The Expendables topped the North American box office for a second straight week with \$16.5 million US in ticket sales. Twilight spoof Vampires Suck and the Julia Roberts drama Eat Pray Love tied for the second spot.

THE ASSOCIATED PRESS



Lawyer who tried to block Harry Potter movies faces hearing

Talking points**The naked truth comes out for True Blood stars**

SHOWING ONCE AGAIN YOU CAN GO FROM HOT TO YAWN IN A WEEK

Although they're currently on the cover of Rolling Stone naked and covered in blood along with co-star Alexander Skarsgård, True Blood's Anna Paquin and Stephen Moyer tied what sounds like a very traditional knot over the weekend.

The couple was married on the beach in Malibu, according to People.com, after being engaged for a year.

We are, of course, happy for them. But considering that Moyer — to the frenzied delight of Metro staffers — opened up about the hotness of bloody undead sex during our interview with him last year, we were expecting something a little less Martha Stewart Living.

● METRO NEWS SERVICES

Celebrity tweets

Kanye West
[@kanye-west]
French fries



Cory Monteith
[@frankte-neen]
people who eat white bread have no dreams.



Sarah Silverman
[@SarahK-Silverman]

I've been poking holes in my birth control pills.



Diablo Cody
[@diabolocody]
My goal is to be a better parent than Sharon Stone at the end of CASINO.

● METRO

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Imodium®

Wyclef Jean will not abandon bid for presidency

► Haitian born hip-hop star will appeal decision by electoral office

Hip-hop singer Wyclef Jean said yesterday that he is not abandoning his presidential bid just yet and will try to get the courts to overturn a decision disqualifying him from the race.

Speaking to The Associated Press by telephone from his home in Croix des Bouquets, Jean said his lawyers will file an appeal with the national electoral dispute office.

Jean said that he has a document "which shows everything is correct" and that he and his aides "feel that what is going on here has everything to do with Haitian politics."

"They are trying to keep us out of the race," he said, referring to Haiti's political establishment.

Haiti's elections board rejected Jean's candidacy Friday night — presumably because it decided he had not met residency requirements, although the board did not cite a specific reason. Under Haitian law, a presidential candidate must have lived in the country for five consecutive years leading up to the election.

Jean has argued that he was not required to comply as he was appointed as roving ambassador in 2007. THE ASSOCIATED PRESS



► Wyclef Jean

Kerr pregnant with Bloom's kid



► Orlando Bloom and Miranda Kerr

It looks like there was a reason for Orlando Bloom and Miranda Kerr's whirlwind engagement and marriage this summer: The Victoria's Secret mod-

el is expecting her first child with the Pirates of the Caribbean star, she confirms to the Spanish edition of Vogue.

"Yes, I am pregnant.

Four months along," Kerr says. She and Bloom announced their engagement in June before surprising everyone with a July wed-

ding. ● METRO

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MEET YOUR
TOP 22
DANCERS

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YOUR TOP 22 DANCERS

QUESTIONS

- 1) If you could dance with any person living or dead, who would that be?
- 2) What is your pre-audition or performance good luck ritual?
- 3) What is your favourite movie-musical?
- 4) What lengths would you go to to win this competition?
- 5) Are you on team Benji Schwimmer or Lacey Schwimmer?

CONTEMPORARY
MISSISSAUGA, ON



AMANDA CLEGHORN, 19

- 1) Jennifer Lopez
- 2) I try to focus and drain out everything happening around me
- 3) Grease 4) I'd never go on Facebook ever again!! 5) Team Lacey

CONTEMPORARY
TORONTO, ON



BREE WASYLENKO, 22

- 1) Jillian Meyers
- 2) I close my eyes and take deep breaths for 30 – 60 seconds
- 3) Moulin Rouge 4) To infinity, and beyond! 5) Team Lacey

CONTEMPORARY JAZZ
ABBOTSFORD, BC



CHARLENE HART, 24

- 1) Bob Fosse
- 2) I love my warm up time 3) Rent
- 4) It would go to every length to win this competition 5) Team Lacey

BALLROOM
MONTREAL, QC



CLAUDIA PRIMEAU, 26

- 1) Janet Jackson
- 2) I have to wear all my rings!
- 3) Grease 4) I'll walk to Australia and back! 5) Team Lacey

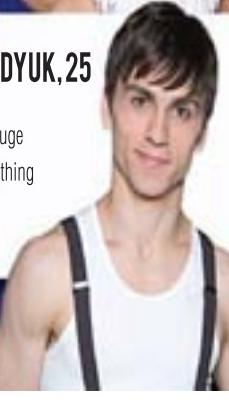
CONTEMPORARY
SURREY, BC



DANIELLE GARDNER, 21

- 1) Derek Hough or my Grandpa
- 2) I never shave my legs the night before a performance 3) Moulin Rouge
- 4) I'm dedicated to putting every ounce of energy, effort and enthusiasm into my success in this competition 5) Team Lacey

BALLROOM
TORONTO, ON



DENYS DROZDYUK, 25

- 1) Mikhail Baryshnikov
- 2) I always have to go through the same warm up 3) Moulin Rouge
- 4) As long as nobody gets emotionally or physically hurt, everything is allowed! 5) I have absolutely no idea!

SO YOU THINK YOU CAN

DANCE
canada

SO YOU THINK YOU CAN
DANCE
canada

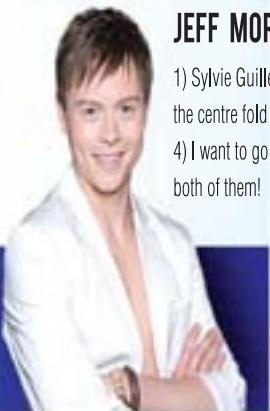
MODERN CONTEMPORARY
OTTAWA, ON



HANI ABAZA, 26

- 1) Michael Jackson 2) I improv or breathe in and hold it for three seconds 3) A Chorus Line 4) Tell the whole country everything I can about myself and not hold anything back 5) If I have to pick one it would be Benji

CONTEMPORARY
EDMONTON, AB



JEFF MORTENSEN, 22

- 1) Sylvie Guillem 2) I always go to the centre of the curtain backstage, touch the centre fold and tell myself to have fun and not screw up 3) Mrs. Doubtfire 4) I want to go through this competition learning as much as I can 5) I am for both of them!

CONTEMPORARY
AURORA, ON



JESSE WEAVER, 25

- 1) Michael Jackson 2) I pray and thank God for the opportunity 3) Moulin Rouge 4) I'm terrified of sky diving, but I would do it if that means I would win! 5) Team Lacey

LATIN BALLROOM
CALGARY, AB

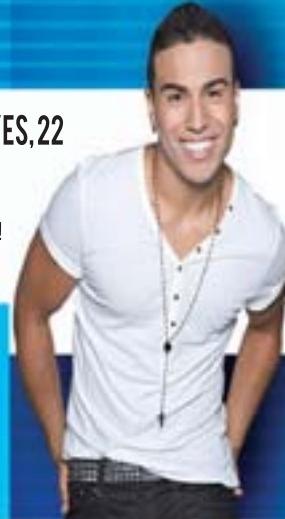


JULIA HARNETT, 26

- 1) Michael Jackson 2) I try to focus on breathing.... "in the nose, out the mouth..." 3) The Sound of Music 4) I will treat my body right (yoga, proper nutrition and lots of sleep) 5) Team Benji

EDGAR GILBERT-REYES, 22

- 1) Michael Jackson 2) I just always think very positively! 3) Chicago 4) I'd do anything to do win this competition! 5) Team Benji!



HIP-HOP
CALGARY, AB

JANICK ARSENEAU, 20

- 1) Michael Jackson 2) I always get the sudden urge to pee as soon as I'm about to go on stage 3) Chicago 4) I am ready to make the sacrifices needed to get all the way to the top! 5) I'm on team Benji, all the way!



CONTEMPORARY
BATHURST, NB

JERA WOLFE, 19

- 1) Michael Jackson 2) I don't know if it's good luck, but I always go to the bathroom before I perform 3) Grease 4) I'm going to do whatever it takes 5) Team Benji



BALLET & BREAKING
INVERNESS, NS

JONATHAN ARSENault, 26

- 1) Wade Robson and Michael Jackson 2) If I'm wearing socks, I double check that they're pulled up so they don't fall 3) The Wiz 4) I would go door to door dancing on people's doorsteps to prove I am Canada's Favourite Dancer! 5) Team Lacey all the way!



CONTEMPORARY
KITCHENER, ON

YOUR TOP 22 DANCERS

QUESTIONS

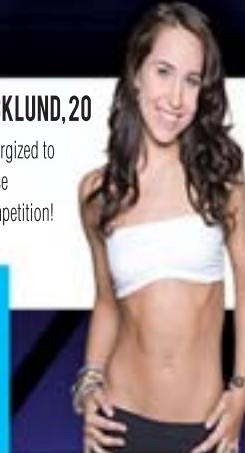
- 1) If you could dance with any person living or dead, who would that be?
- 2) What is your pre-audition or performance good luck ritual?
- 3) What is your favourite movie-musical?
- 4) What lengths would you go to to win this competition?
- 5) Are you on team Benji Schwimmer or Lacey Schwimmer?



LYRICAL-JAZZ
NORTH BAY, ON

KLOÉ SCHULTZ, 20

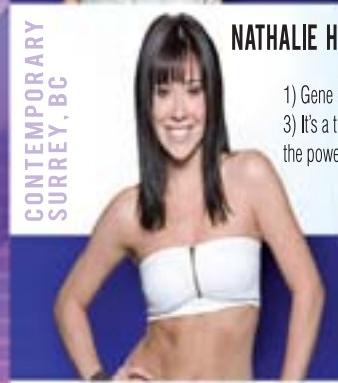
- 1) Janet Jackson
- 2) I chew gum and remove it right before I step on stage
- 3) Grease
- 4) I would stop tanning
- 5) Team Lacey!



CONTEMPORARY BALLET
VANCOUVER, BC

KIRSTEN WICKLUND, 20

- 1) Jiri Kylian and George Balanchine
- 2) I get pumped up and energized to music, and then just focus on what I am about to perform
- 3) Grease
- 4) I would definitely go to the most infinite lengths to win this competition!
- 5) I am just on team Schwimmer!



CONTEMPORARY
SURREY, BC

NATHALIE HEATH, 23

- 1) Gene Kelly
- 2) I close my eyes and take very deep breaths
- 3) It's a tie between Singing in the Rain and Chicago
- 4) I strongly believe in the power of focusing all my energy into something I want
- 5) Team Lacey!



CONTEMPORARY
REGINA, SK

MACKENZIE GREEN, 20

- 1) Michael Jackson
- 2) I knock on wood whenever someone says "Break a Leg"
- 3) The Wizard of Oz
- 4) A lot of sacrifices will have to be made which I'm prepared to make
- 5) Team Lacey



HIP-HOP
TORONTO, ON

SHAVAR BLACKWOOD, 25

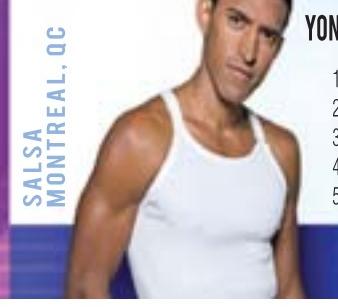
- 1) Blake McGrath
- 2) I "meditate" in the washroom
- 3) The Lion King
- 4) I would kiss feet!
- 5) Team Lacey all the way!



CONTEMPORARY
TORONTO, ON

SEBASTIAN MERSCH, 21

- 1) Bob Fosse
- 2) I wish people "Merde" and do a little something called the "shake down" to loosen up my nerves
- 3) The Rocky Horror Picture Show
- 4) "I would walk 500 miles, and I would walk 500 more" probably even longer maybe even swim through the Nile... or trek through the Grand Canyon
- 5) Team Lacey



SALSA
MONTREAL, QC

YONNI FOURNIER, 27

- 1) Justin Timberlake
- 2) I close my eyes and clear my mind for 10 seconds
- 3) Chicago
- 4) I will leave my heart on the stage every time I step onto it
- 5) Team Lacey



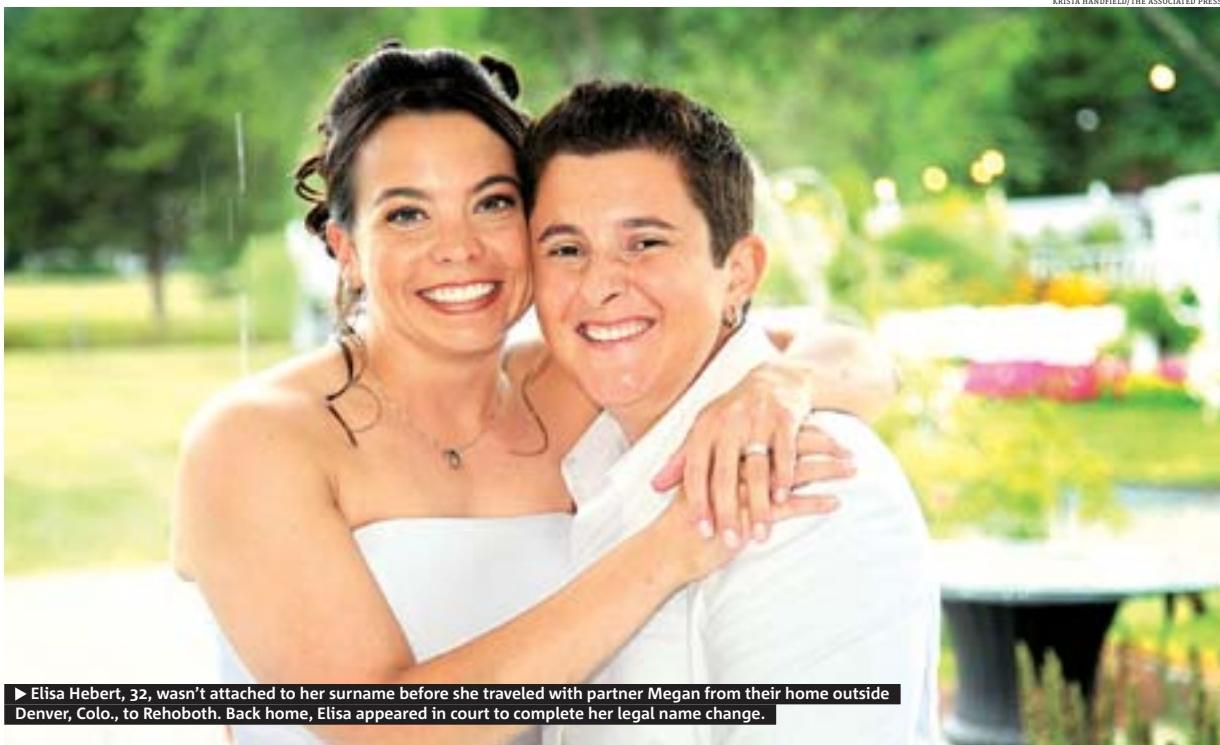
CONTEMPORARY
EDMONTON, AB

SHELAINA ANDERSON, 19

- 1) Patrick Swayze
- 2) I listen to my music on my ipod while doing a ballet barre warm up to find my centre
- 3) Grease
- 4) Anything and everything, without compromising my dignity
- 5) Team Benji



CTV.DANCE.CA



Gay partners change names

► Some see practical benefits to changing their surname, such as proof of medical status in emergencies ► Others want to identify their union

In October 2008, racing against California's gay marriage ban, Chloe and Frankie Franken wed legally in San Francisco with one chore done: Chloe had taken her wife's name two years before.

"It was the only way we had to fit into a mainstream role that was understandable to anybody," said Chloe, managing editor of a fashion website. "When I told my father I

was taking Frankie's name he was sort of blown away because I definitely consider myself a feminist."

With a battle over the state's ban on gay marriage possibly headed to the U.S. Supreme Court, it's likely more same-sex couples will do the same.

For the Frankenys, the name switch couldn't magically grant all the marriage benefits denied legally wed same-sex cou-

"With the same last name we could say we were sisters. We've all heard stories of partners kept apart in ER."

CHLOE FRANKENY, EDITOR

ples when compared to one man, one wife, but it was one more way to express their union. It's a symbol rendered even stronger

now that gay marriages are on hold in California, and for partners who've never had the option.

A name-change for gay couples isn't always as simple as trotting out a marriage certificate, the proof most required in heterosexual marriage. Emotionally, the journey is about love, commitment — and a way to ease anxiety over being misunderstood as non-relatives in emer-

gency rooms or considered less-than-as parents.

Kirsten Palladino, who runs online gay wedding zine Equallywed, shed Ott for the surname of her partner, Maria, last year without a state-sanctioned union in Georgia. She's seeing more couples go to court for name changes, settling on hyphenation or one partner's surname over the other.

THE ASSOCIATED PRESS

3 life

Don't retire sunglasses for fall



Name game

Up to 95 per cent of heterosexual couples marrying for the first time legally adjust their surnames.

► Career move Professional identity before marriage motivates others in same-sex and hetero couples to keep their original names informally or use them as middle names.

Parents should be aware that harsh sunlight remains outside, even as summer turns to fall. "Children need the protection of good sunglasses just as much as adults do and sometimes even more," says Bijan Minbashian, vice president of operations for Hakim Optical. "So many of their activities are outdoors and in direct sunlight." And the good news is: It isn't too difficult to persuade kids to wear sunglasses, especially if they are modeled after those worn by adult role models or an older sibling.

NEWS CANADA

Bereaved pet owners struggle to cope with grief

Jane Shaw called Jake her angel dog. Jake saw her through vet school, through her father's death, through a divorce and into private practice. He even did therapy work.

But 11 years ago, Shaw lost Jake to a car accident. She didn't just lose a pet, she lost her hiking partner, someone she took care of, someone she'd built her life around.

Through the grief came

a question familiar to those who have lost a special pet: Should she get another pet? And when?

"It is healthy to have a transition period. In grieving, we're taking time to honour the pet we lost. Grief is so miserable," said the veterinarian, who also works at Colorado State University. People used to think getting a new pet right away was as important as getting back on a



bicycle after you fall off. But a little time will generally help, Shaw said.

There are no wrong answers about if and when to get a new pet — just a few wrong turns. Some people will mistakenly try to "replace" a lost pet, she said, trying to find an animal that looks, sounds and behaves the same. Some people will even give the new pet the same name.

THE ASSOCIATED PRESS



When parents age at home: Some tips for easing the transition to live-in help.

Fairly Easy Milk Chocolate Fudge

► You'd be hard pressed to find an easier fudge recipe. And using Fair Trade chocolate makes it that much sweeter!

Milk Chocolate Fudge Ingredients:

- 4 1/2 100-gram Cadbury Dairy Milk bars (1 pound total), chopped
- 1 14-ounce can sweetened condensed milk
- 1/2 stick (1/4 cup) unsalted butter
- 1/2 teaspoon salt (optional)

Preparation:

- 1 Line the bottom of an 8-inch square baking pan with wax paper.
- 2 Heat all ingredients in a double boiler (or metal bowl in a pan of simmering water), stirring until smooth.
- 3 Pour into baking pan and refrigerate until firm (at least 4 hours or overnight). Cut fudge into 1-inch squares and enjoy chilled.

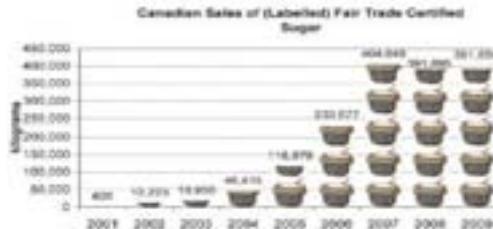


► Milk Chocolate Fudge

PHOTO: SIMON COUSINS/Flickr

Fair Trade

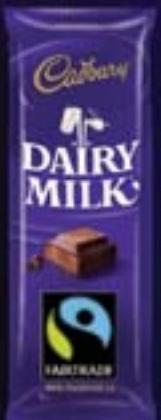
► By the Numbers Despite having taken a hit by the recent economic downturn, interest in—and purchases of—Fair Trade staples has gained popularity in the past few years. Here are just a few of the recent numbers from TransFair Canada:



Ensuring fair prices to farmers is just a piece.



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Ingredients :

Topping

- 750 ml (3 cups) locally grown blueberries
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- 10 ml (2 tsp) cinnamon, divided
- 125 ml (1/2 cup) all-purpose flour
- 75 ml (1/3 cup) cold butter, cut in bits
- 125 ml (1/2 cup) finely chopped walnuts

Batter

- 125 ml (1/2 cup) butter, softened
- 250 ml (1 cup) granulated sugar
- 2 eggs
- 5 ml (1 tsp) vanilla
- 500 ml (2 cups) all-purpose flour
- 5 ml (1 tsp) baking powder
- 1 ml (1/4 tsp) salt
- 5 ml (1 tsp) baking soda

This moist cake tastes good for breakfast, brunch or dessert served with a slice of cheddar cheese.

Preparation:

Topping:

- 1 In a small bowl, stir together blueberries and half each of the icing sugar and cinnamon; set aside.
- 2 In another small bowl, stir together flour and remaining icing sugar and cinnamon. Cut in butter until texture resembles coarse crumbs. Stir in walnuts. Set aside.
- 3 Cut in butter until texture resembles coarse crumbs. Stir in walnuts. Set aside.
- 4 In a large bowl, cream butter with sugar until
- 5 In a separate bowl, sift or stir together flour, baking powder and salt. Stir baking soda into sour cream.
- 6 Stir half of the dry ingredients into butter mixture. Add sour cream; stir in remaining dry ingredients.
- 7 Spread in greased 3.5-l (9-by-13-inch) metal cake pan, smoothing with spatula. (The batter is thick.) Sprinkle with blueberry mixture. Sprinkle walnut mixture evenly over top.
- 8 Bake in a 180 C (350 F) oven until skewer inserted in centre comes out clean, about 35 minutes.

Batter:

light and fluffy. Beat in eggs, one at a time. Beat in vanilla.

5

In a separate bowl, sift or stir together flour, baking powder and salt. Stir baking soda into sour cream.

6

Stir half of the dry ingredients into butter mixture. Add sour cream; stir in remaining dry ingredients.

7

Spread in greased 3.5-l (9-by-13-inch) metal cake pan, smoothing with spatula. (The batter is thick.) Sprinkle with blueberry mixture. Sprinkle walnut mixture evenly over top.

8

Bake in a 180 C (350 F) oven until skewer inserted in centre comes out clean, about 35 minutes.

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DON'T FLUSH MEDS

QUESTION:
What's the best way to get rid of old medications?

Alex, Edmonton, Alta.

QUESTION:
Do I need to worry about toxic ingredients in sunscreens and what's the safest sunscreen to use?

Julia from Halifax, N.S.

Unfortunately, there are chemicals of concern in sunscreens. Four substances commonly found in chemical sunscreens — parabens, cinnamate, benzophenone and camphor derivatives — are thought to be the culprits killing coral reefs around the world. Yikes.

This summer, choose a sunscreen without parabens. You might also see related ingredients on the label like methylparaben, butylparaben, propylparaben. All are widely used in cosmetics as a synthetic preservative; they are easily absorbed by skin and should be avoided. What's concerning is parabens are suspected of interfering with hormone function. Some evidence suggests that parabens mimic estrogen and studies suggest a possible association between parabens and breast cancer.

Green ideas for your office

ROMINA MCGUINNESS
METRO WORLD NEWS

Clear your head, your conscience and your carbon footprint in one go.

GO ELECTRIC

Technology is here for a reason so digitalize and dematerialize as much as possible. Emails, invites, calendars and files can all be saved onto your computer rather than on paper. Back all information on an external hard drive — as much as we love technology, computers do tend to crash and burn when loaded with too much information.

you leave the office, especially desk lights that are smaller yet easily forgettable, but still powerful. Switch to LED (light emitting diode) bulbs, which are more efficient and save than traditional ones.

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as soon as you step foot in the office. Bring an extra jumper or pair of tights to cozy up in the cold and if it's too hot, buy a water spray or small fan.

RECYCLE BINS

Have one main recycling bin where everyone can throw in paper, cardboard and plastic waste. Place it somewhere obvious and of easy access so it cannot be avoided.

SWITCH OFF

Leaving your computer on over night will eventually burn out its battery light and is simply not necessary.

PAPER
Print only if you must as most of the time you can read and make changes directly on the screen without printing. When you do print, choose the double sided setting, which will print on both sides instead of just one. When restocking, go for recycled paper.

LIGHTS

Switch off all lights when



FURNITURE
Choose office furniture (desks, chairs, filing cabinets) made from sustainable wood, recycled metal and non-toxic waste.

COMMUTE

Public transport (bus, subway, train, car) is over crowded and stressful. It also contributes to your carbon footprint as thanks to the toxic fumes emitted throughout the journey.

If the work home distance and weather allows for it, either ride your bike or walk into work. It's a healthier and cheaper option with minimal impact on the environment.

DRESS RIGHT

Summertime is warm and winters cold fact. Dress appropriately in order to not turn the heater or air conditioning on full blast

Green ideas

SHANTY CHIC POTS IN BRAZIL

Brazil based Jahara studio has launched a collection of household items made from recycled materials. "I was inspired by the look of beaten up and used pans that are also used as musical instruments at Brazilian carnivals," says owner Bruno. The collection was also drawn to the country's favelas (shanty towns), where people also use odd bits and pieces, including aluminum



pots and tins, as musical instruments. In 98 per cent of the aluminum in Brazil is recycled, and the collection features lampshades, pots and plates made from the material. Jahara's recycled aluminum is 30 per cent

stronger than it would be new thanks to an anodizing process, which also gives the end product a unique texture and vivid colour.

● ROMINA MCGUINNESS/
METRO WORLD NEWS

A green thumb heals the blues

► The usual treatment of depression is either pills or psychotherapy ► However, UK-based charity Thrive believes in using gardening as an alternative therapy

 ROMINA
McGUINNESS
METRO WORLD NEWS

Cathy Rickhuss worked as a therapist for eight years before she became head of the Training and Education division at Thrive.

"Gardening is about the inter-connectedness humans have with nature, it's a living medium," she says. "Thrive works with people with a range of disabilities and gardening is an alternative therapy that brings profound physical and physiological change in them."

A recent study, carried out by Thrive and the University of Loughborough, established that therapeutic horticulture promoted better health, well-being and social inclusion. The study Growing Together highlighted the changes in behavior and attitude that can occur if people are exposed to outdoor life and activities.

"The psychological benefits of gardening are huge. Self-esteem and confidence are boosted, as is body posture and demeanor," Rickhuss says.

Thrive gives people the chance to obtain gardening qualifications and for some this is the first and only they will get in their lives. People suffering from a mental health disorder often live in isolation and gardening forces them to interact and get out of their shell, eventually stepping outside their comfort zone.

Rickhuss recalled one memorable success: "He was in his 40s, self-employed and with a family to support. After a severe stroke he suffered paralysis down one side of his body and used a wal-

king stick.

"When we first met at Thrive I was faced with someone angry at life. Over a period of six years he improved slowly but surely and if you speak to him today and he'll tell you that there's no such thing as 'can't.' Gardening was his lifeline."

Sue Stuart runs the Battersea Garden Project in London, helping create beautiful gardens.

"Gardening is a tool used to achieve other life changing outcomes. It's relatively easy to grow something and experience success over failure," she explains.

The University of Bristol research seems to back this up, indicating that gardening can boost serotonin levels in the brain.

Plants have the ability to stimulate our senses of touch, sight, smell and even hearing.

"If you are working with a mentally ill patient who is withdrawn and needs to be stimulated, then you would use an invigorating plant such as lemon balm," Stuart says. "However, if the patient is suffering from autism then you would choose a calming plant such as lavender to bring down anxiety levels."

"Patients must be able to achieve the task and work towards an aim. Someone with a visual impairment should be growing yellow flowers, as that is the last color to leave our sight spectrum," Stuart says.

"A deaf person cannot hear the wind blow so we make them work with plants with movement. They may not be able to hear the wind but it gives them the sense that it's moving which is comforting."



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Ditching the desk

► More and more employees are passing on the cubicle and taking their work to the coffee shop ► Companies realize a cost savings

More and more people are dropping the desk gig for a better office outfit. In fact, the widespread use of smartphones, laptops and PDAs means many don't even go into the office at all. As office work shifts, so do the workplaces behind it, and businesses have begun to smarten up about the widespread potential for work outside the office.

Richard Laermer, author of 2011: Trendspotting for the Next Decade, noticed this phenomenon early on.

"As soon as (businesses) realized it was cheaper to not have people stay at the office, they did it," jokes Laermer, but he's

"It's hard for companies to afford space for people when people don't really need space to work in."

RICHARD LAERMER

right. Offices have to pay for the real estate for desks, conference rooms, lounges and kitchens.

"It's hard for companies to afford space for people when people don't really need space to work in," he explains.

Working outside the office is better for employees, too. When staffers



► Being able to work on your own terms means you can work whenever you are most productive.

aren't tied to the office to do their work, they can be more universally committed — the lines between work life and home life become blurred. Being able to work on your own terms means you can work whenever you are most productive.

Laermer says that in the alternative workplace "you think better, somebody's not looking over your shoulder (figuratively or literally), and you can choose what interruptions come to you — these are very healthy things."

The author's only concern comes from the productivity offices have through working together. "In order to get things done, you need to brain-

more productive

► By choosing your own atmosphere, you're more likely to be productive. "What exactly are you doing in your cubicle that you couldn't be doing in Starbucks?" asks Laermer.

storm," he says. "How does the employer get people to come to the office for those meetings if they don't have to?"

The latest trend is to hire a "social director" that plans things for people to come into the office so they can see each other," Laermer says.

● METRO



► Night shift workers are at increased risk of breast cancer, heart disease, fertility problems, gastrointestinal distress and substance abuse.

Staying sane when working late

► Get a good sleep, try to nap often and avoid sunlight ► Night shift workers face increased health risks

When the clock resets, that's when that other set clocks in: The nocturnal underclass of twilight-shift zombies who pull midnights to mornings, often graze out of a gas station snack rack, shed friends like muscle mass, and suffer weeks without savouring a vegetable.

It's with morbid accuracy that society nicknames that the graveyard shift.

Brave souls who bear it brook all manner of health risks, which Brown University chronobiologist Katie M. Sharkey enumerates: "Increased breast cancer, heart disease, fertility problems, gastrointestinal distress, and definitely more substance abuse, in groups that you wouldn't even think, like nurses drinking coffee after 5 a.m., then using alcohol to try and sleep."

Adjust your inner time-piece, though, and your graveyard shift need not carry a graveyard sentence: Start by adopting a vampiresque revulsion towards the sun.

"Light is the most potent time-giver to our biological clock," Sharkey explains. "Protect yourself from exposure, particularly when traveling home in the morning."

Then, with lead drapes blackening yours windows, go right to bed: no Facebook, no Cheezies, no Good Morning America.

"The closer you go to

"An afternoon nap prior to the first night or a run of night duty is clearly advisable."

CHRONOBIOLOGIST
TIMOTHY MONK

bed to your natural sleep time, the more likely you'll get good sleep," she advises.

Ear plugs, eyeshades, an understanding family, a phone on vibrate, and a doorknob dangler — Night Shift Worker: Don't Disturb 'Till 4 — can assist, Sharkey recommends.

So can smoother transitions. Come weekends, all too many nocturns backslide to a sunshine schedule when they'd slumber sounder half-measuring a 3 a.m. bedtime.

"Naps can be of significant benefit," Chronobiologist Timothy Monk suggests. "An afternoon nap prior to the first night or a run of night duty is clearly advisable."

Take your health seriously

The safety of others may rest on your slumber patterns. The very people who come out at night, Sharkey notes, are the cops, nurses, and 911 tellers who rely on split-second decisions: instincts, she warns, that are denatured by the night shift.

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School life on a shoestring

► Many students ready to manage finances for the first time ► Grants and scholarships can save money

Thousands of young Canadian men and women are embarking on a huge change to their lives in the next few weeks as they leave home and enter university.

It's an exciting and demanding time — as students handle their own finances for the first time and make decisions on money and debt that can haunt or help them for years to come.

Hailey Coleman, who just graduated from Ryerson University, remembers that it was "definitely a big change, that's for sure."

"I wasn't living with my parents anymore, so for me it was really learning how to budget and how to be responsible for my money."

Of course you can't budget and control expenses unless you know how much money is coming in. That means students should make it their business to find out about any available grants and scholarships — but many don't.

"They are either unaware, which is scary because high schools are supposed to instruct them in how to try and access money and they probably do but the students are still unaware," said Alan Kaplan, a finance professor at Ted Rogers School of Management at Ryerson University.

"So yes, some are unaware and some students know that these opportunities are out there but they simply haven't explored them. Their parents took care of things until this time."

Coleman said she made the same mistake when she first attended Ryerson, including missing out on an entry scholarship that "would have helped out big time."

Coleman said she was lucky in having a friend who taught her how to budget, "which was huge."

That meant she could get a handle on what was coming in and going out and once she got in the habit of keeping her receipts and seeing what she was spending, Coleman found it amazing to see how much these things were costing.

"It was more just learning how to distribute my money properly, like how to put enough aside for food and some for rent and just shopping around for different things," she said.

"I got a bike which saved me a ton of money as opposed to buying Metro passes or tokens (for Toronto transit) every week. It was things like that I kind of learned along the way, even buying a water filter as opposed to buying bottled water. Little things along the



► It is easy for students to get into debt with credit being so readily available to them.

way (that really add up)."

One of the biggest challenges that face students is holding down a part-time job and Kaplan said this can be a bad situation for most men and women.

"I advise that unless you are a strong student, you have to recognize there is a balance, you cannot simply work 20 hours a week to support your university studies and expect to do sufficiently well," he said.

Instead of putting your studies in jeopardy, he advises that it's not the end of the world if you don't go straight from high school

to university.

"Take a year off if you need to. You're still young, you can get a job a year down the road. It isn't going to matter in terms of getting a job," Kaplan said.

"Get money saved up so you don't have to work too much. Because it is a very

tough balance unless you are a very strong student."

Coleman added that if you have to put in some long hours working, then consider cutting back your courses.

"I did have to have a job and so I cut back on my courses," she said.

"There are tons of resources available in terms of scholarships that are available for hundreds of students."

RYERSON UNIVERSITY
GRADUATE HAILEY COLEMAN

"I think that was the most brilliant thing to do. I took my time. I was able to keep my grades up, earning money so I didn't have to take out a loan."

Kaplan added that it is easy to get into debt with credit being readily available to university students and if a student gets into trouble, the smart thing to do is "see someone real quick."

He knows Ryerson has a free counselling area for students to help them deal with academic and personal issues and is sure other universities have the same facilities.

THE CANADIAN PRESS

Budgetting is up to you

Alan Kaplan, a finance professor at Ted Rogers School of Management at Ryerson University, said that managing finances comes down to the individual.

"It's mostly attitude,"

he said.

"If you have the right attitude, you will figure out how to work ASAP, you will figure out who to speak to regarding grants, and bursaries. So I do think first and foremost it's attitude and only second is it the actual technical details."

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Back to school shopping can be a scavenger hunt

► Descriptions of supplies provided by teachers can differ from those found at retailers ► Many items are never used

Like millions of other parents this time of year, I'm about to embark on the annual scavenger hunt known as back-to-school shopping.

I thought this dreadful ritual would get easier when my youngest son reached middle school, but in fact it merely multiplied from one nerve-racking list, to six — along with the number of teachers he has.

I would be fine if these lists were simple reminders of basic supplies — pencils, pens, paper, notebooks. Sure, they need a few folders and a book bag, and as math gets more complicated, graph paper and a calculator. I can even

"For my kindergartner, I was asked to bring in coloured feathers, which I finally found at a craft store." HOLLY MICHAEL

understand index cards, Post-its and a yellow highlighter.

But how many times do you see parents wandering up and down the aisles of Staples or Walmart or OfficeMax searching for items that either don't exist or that have sold out in a frenzy as mothers of every kid in Miss So-and-So's class fought for the last graph

paper marble composition book, fine-point Flair pen or half-inch three-ring binder (no one-inchers allowed!) on Earth?

Diana Shackleford, a Dallas mom and freelance writer, also points out that stores and teachers' lists routinely "disagree on pen and pencil package counts. The list asks for a 12-count, but pencils and pens come in 10-count packages!"

The worst part of this retail insanity is that, at least with my son, half of this stuff never gets used. I have a drawer full of Post-its in every conceivable colour and size, ordered up over the years by any number of teachers. The only hope I



► It's that time of year again. Millions of parents are about to embark on the annual scavenger hunt known as back-to-school shopping.

have of getting through the sticky little stacks is to leave myself notes on the fridge that say things like, "Have a nice day!"

I will admit that one aspect of back-to-school supply shopping is tougher for parents of younger kids than parents of teens.

The little kids' teachers still want arts and craft-type supplies, and some of these can be pretty obscure.

Holly Michael, who

works for a public relations agency, said that "as a working mom, I don't always have time to run out and find these odd requests."

"For my kindergartner, I was asked to bring in coloured feathers, which I finally found at a craft store."

Another issue I have is with all the supplies ordered up by teachers to keep my children organized.

In September, I dutifully purchase whatever they require: The accordion file with alphabetical pockets! Double-pocket folders! Spiral-bound notebooks with one pocket inside the front cover!

But it makes no difference.

At the end of the year, all of my children's school work is in a giant random stack of paper, organized neither by subject nor date.

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Sweet Lou says final goodbye

After all the wins, all the losses and all those arguments, Lou Piniella clearly felt it was time to leave.

Saying the final goodbye after a half-century in baseball, that was the hard part.

"I cried a little bit after the game. You get emotional. I'm sorry, I'm not trying to be," the Chicago Cubs manager said yesterday, his eyes tearing up again and his voice cracking.

"This will be the last time I put on my uniform," he said.

The 66-year-old Piniella announced before the Cubs-Atlanta game that he was retiring immediately after it was over and planning to spend more time with his ailing mother.

"My mom needs me home and that's where I'm going," Piniella said.

The Cubs didn't do him many favours on the field

in his wrapup, losing 16-5 to the Braves.

He was in the dugout when it ended and waved his hat across the field to his friend, longtime Atlanta manager Bobby Cox, who has said this is his last season.

Third base coach Mike Quade was promoted to interim manager.

Piniella finished with an overall record of 1,835-1,713.

THE ASSOCIATED PRESS



NAM Y. HUH/THE ASSOCIATED PRESS



sports

Quoted



"I'm just going to try to do the best I can, certainly for next year. Please don't ask me anything about after next year. I'm lucky to look for tomorrow morning"

VIN SCULLY, 82, ON HIS PLAN TO RETURN TO THE BROADCAST BOOTH TO CALL LOS ANGELES DODGERS GAMES FOR HIS 62ND SEASON.

Rain, rain go away: Delays hit Cup again

► Rogers Cup semis and final rained out a second straight day

Losing the final weekend to unrelenting rain capped a 2010 women's Rogers Cup that was ill-fated from the start.

The semifinals — one of them still hanging on an early Caroline Wozniacki lead — were postponed to yesterday from Saturday and finally to today at 10 a.m. ET as rain fell on Uniprix Stadium and the players amused themselves with movies, computer games and table tennis in the players' lounge.

Wozniacki, the second seed, took a 2-0, 0-15 lead on 11th-seeded Svetlana Kuznetsova during a 10-minute dry spell Saturday evening, but not another point was able to be played.

Their semifinal is to be played simultaneously with the one that pits 10th-seed-

What if?

A Women's Tennis Association spokesman said if play is washed out again today, they will meet with the players, Tennis Canada and the television broadcasters to decide what to do.

ed Victoria Azarenka of Belarus against eighth-seeded Vera Zvonareva of Russia.

The final is scheduled for 1:30 p.m. ET, though more rain is forecast for this morning, with clouds and isolated showers in the afternoon.

"They say, 'Now it's ready' and you start warming up and then it starts raining again," Wozniacki said of the waiting.

THE CANADIAN PRESS



► Three tennis fans huddle underneath an umbrella yesterday during a rain delay at the Rogers Cup in Montreal.

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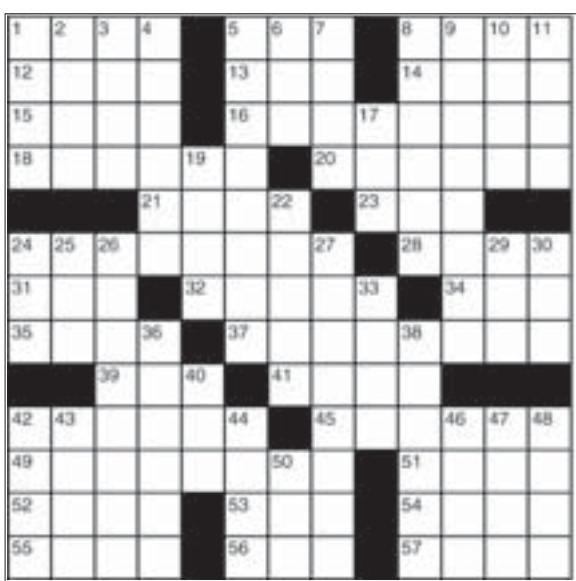


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Crossword

Across

1 Potato
5 "Golly!"
8 Unkempt one
12 Gaelic language
13 E. Coast ocean
14 Spanish hors d'oeuvre
15 Cry
16 Subtract
18 Evergreen type
20 Marble cake patterns
21 Lightweight pith helmet
23 Before
24 Grasp
28 Break suddenly
31 Eggs
32 Wicker-work willow
34 Bookkeeper (Abbr.)
35 Longings
37 Pay attention
39 "Krazy —"
41 Comic Carvey
42 9-Down's territory
45 Garden intruder
49 Assume control
51 Father (Fr.)
52 State with certainty
53 A Gershwin brother
54 Ireland
55 Corks out
56 Water barrier
57 Require



Down

1 Stitches
2 Get ready, for short
3 Addict
4 Appoint as one's agent
5 Fence feature
6 Greek vowel
7 B.P.O.E. members
8 Flight between floors
9 Noted WWI British officer
10 October birthstone
11 Howls at the moon
12 Lamb's dam
13 Silver salmon
22 Homeric epic
24 Plaything
25 "Hail!"
26 Illinois city
27 About 1/3 ounce
29 Mimic
30 Cushion
33 Former Attorney



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope**Aries** March 21-April 20

Changing times mean changing attitudes and changing ways of doing things and the Sun's change of signs symbolizes your need to change the habits of a lifetime.

Taurus April 21-May 21 One of the busiest and most enjoyable times of the year starts for you today, and it will be more enjoyable still if you have a specific objective in mind.

Gemini May 22-June 21 You may at times feel out of touch with what is going on around you but there is no need to worry – you're not missing much. Go your own way and do your own thing.

Cancer June 22-July 22 The

Sun's transit of one of the more inquisitive angles of your chart makes you question everything you see and hear.

Leo July 23-Aug. 23 Cosmic activity in and around the area of your chart that governs what you own and what you earn means there is a lot at stake financially at the moment. Do whatever it takes to maximize profits and minimize losses.

Virgo Aug. 24-Sept. 22 The Sun joins Mercury, your ruler, in your birth sign today, making this the ideal time to start something new. However, as Mercury is currently moving retrograde you must make sure your aims are realistic.

Libra Sept. 23-Oct. 23 There

are a number of things you can do to make life easier for yourself. Start doing them now. The most important thing by far is to listen to, and act on, what your inner voice tells you. It knows all the answers.

Scorpio Oct. 24-Nov. 22 It may feel as if everyone you meet is in some way against you but it isn't true. Nevertheless, the feeling will inspire you to try even harder and prove your critics wrong. You'll enjoy saying "I told you so."

Sagittarius

Nov. 23-Dec. 21 You may say you don't care what other people think of you, but deep down you care very much, and you will care even more as the Sun crosses the midheaven angle

Sudoku

4	6	8		2
	3	9	6	
	1	4	8	
1				5 4
3		5		
8	6			7
8	2		5	
1	3	4		
9		2	7	4



Show some love! Send a note to somebody special at kiss@metronews.ca

Tami, You Light Up my Life with your Amazing Smile and Radiant Beauty. We lead busy lives yet always have time for each other n our 'Chemistry' is growing! Thank You for being in my Life, Heart and Soul!, LOVE FROM YOUR CHEF XOXO

Aaron, You are the love of my life. I just want to thank you for being there for me through thick and thin. You are my life, my world, and my everything! I love you babe! LOVE ROB

I miss my school and lots of friends. But my friend will be attending my school this year, so I'm looking forward to it! All of my friends out there, THIS MEANS YOU!!!! :D LOHL!

Said, thank you so much for everything. I don't have enough words to say how much I thank you and love you. Please be happy! XOXOXO JAPONESITA

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	3	6	1	5	4	7	9	8
9	1	5	8	2	7	3	6	4
8	4	7	6	3	9	1	5	2
4	5	1	3	7	8	6	2	9
3	9	8	2	4	6	5	7	1
6	7	2	5	9	1	4	8	3
5	8	4	7	1	2	9	3	6
1	2	3	9	6	5	8	4	7
7	6	9	4	8	3	2	1	5

A look at the weather

TODAY
Min 7°
Max 19°

TUESDAY
Min 6°
Max 22°

WEDNESDAY
Min 8°
Max 27°



Andrew Schultz,
Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

Caption contest

"Note to self:
make bridge longer"
KERRY NASH



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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SO YOU THINK YOU CAN **DANCE** canada

Visit the newly re-launched **So You Think You Can Dance Canada website** for everything dance at **DANCE.CTV.CA!** Get the inside scoop on all your favourite dancers and go backstage with exclusive behind-the-scenes photo galleries and video. Find out more about the hottest performances, fashion and music used on the show, and test your dance knowledge with quizzes and the Dance Word of the Day.



SO YOU THINK YOU CAN DANCE CANADA BROADCAST SCHEDULE*



MONDAY, AUGUST 23 PERFORMANCE SHOW
TUESDAY, AUGUST 24 RESULTS SHOW
MONDAY, AUGUST 30 PERFORMANCE SHOW
TUESDAY, AUGUST 31 RESULTS SHOW

MONDAY, SEPTEMBER 6 PERFORMANCE SHOW
TUESDAY, SEPTEMBER 7 RESULTS SHOW
MONDAY, SEPTEMBER 13 PERFORMANCE SHOW
TUESDAY, SEPTEMBER 14 RESULTS SHOW
WEDNESDAY, SEPTEMBER 22 PERFORMANCE SHOW
THURSDAY, SEPTEMBER 23 RESULTS SHOW
WEDNESDAY, SEPTEMBER 29 PERFORMANCE SHOW
THURSDAY, SEPTEMBER 30 RESULTS SHOW

WEDNESDAY, OCTOBER 6 PERFORMANCE SHOW
THURSDAY, OCTOBER 7 RESULTS SHOW
WEDNESDAY, OCTOBER 13 PERFORMANCE SHOW
THURSDAY, OCTOBER 14 RESULTS SHOW
WEDNESDAY, OCTOBER 20 PERFORMANCE SHOW
SUNDAY, OCTOBER 24 FINALE

D A N C E . C T V . C A

